**Breakfast Cereal Analysis**

1. How does the amount of sugar compare with the amount of fat in breakfast cereals?
2. Does more sugar mean more energy? Compare the cereals.
3. Use excel to produce bar graphs of:-
   1. Cereals vs Energy
   2. Cereal vs Fat
   3. Cereal vs Sugar
   4. Cereal vs Fibre content

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Brand of cereal | Amount per serve ( not including milk) | | | | | |
|  | Energy (kJ) | Protein (g) | Fat (g) | Total Carbohydrate(g) | Sugar (g) | Dietary Fibre (g) |
| Kellogs Just Right |  |  |  |  |  |  |
| All Bran |  |  |  |  |  |  |
| Vita Brits |  |  |  |  |  |  |
| Weetbix |  |  |  |  |  |  |
| Rice Bubbles |  |  |  |  |  |  |
| Special K |  |  |  |  |  |  |
| Fruit Loops |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |